



My Biz, My Way!

"What Am I Missing?"

1. Is there anything you're doing that you don't really want to do?

2. Is there anything you're not doing that you really want to do?



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"What Am I Missing?"

3. Are there any hidden sources of anxiety or pressure that you're not addressing?

4. Is there any expert advice you've been following that doesn't fit with you or your biz?



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"What Am I Missing?"

5. Is there anywhere you are not having fun in your business?

6. What are the signs that you are not doing what you don't want to do?

"When you're not having fun in your biz it's an opportunity to find a different way of doing things!"



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"What Do I Need?"

7. What do you need to give yourself this year?

8. What do you need to give your business this year?



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"What Do I Need?"

9. How will you shift out of resistance, pressure, and "shoulds" and back into flow?

10. What is 1 thing you're ditching this year?



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"What Do I Need?"

11. What is 1 thing your adding this year?

12. What is the 1 project or goal you are focusing on in 2020?

My affirmation to help me stay in tune and in flow in 2020